

**PLANNING, SELECTING, STORING, PREPARING & SERVING FOOD TO
MEET NUTRITIONAL NEEDS**
Planning, Selecting, Storing, Preparing & Serving Food to Meet Nutritional Needs
Grade Levels: 7-12

Concept: Food Handling and Food Safety

Comprehensive Standard: 6.4 Evaluate factors affecting food safety, from production to consumption

Technical Standard(s): 6.4.1 Determine conditions and practices that promote safe food handling
6.4.2 Analyze safety and sanitation practices throughout the food chain
6.4.5 Review current issues about food safety and sanitation

LESSON COMPETENCIES

- ? Identify the causes of foodborne illness
- ? Explore foodborne illness
- ? Demonstrate appropriate food safety and sanitation practices in selecting, preparing and storing food

Anticipated Behavioral Outcomes

- ? Student practice food safety principles when purchasing, preparing, serving and storing foods at home or on the job.

Resources Needed:

- Operation Food Safety: A Middle/Junior/High School Food Safety Curriculum (2000) available from the South Dakota State University Cooperative Extension Service.

References for teachers and students:

Operation Food Safety: A Middle/Junior/High School Food Safety Curriculum (2000) available from the South Dakota State University Cooperative Extension Service. The curriculum is divided into the following units: handwashing, keeping things clean and keeping foods hot or cold. Two additional units are included for high school students: food irradiation and biotechnology.

Another free curriculum is *Science and Our Food Supply: Investigating Food Safety from Farm to Table*. The curriculum also includes a video on food safety. It can be ordered at www.nsta.org/288

Texas Tech University, Iowa State University and University of Wisconsin-Stout (September, 2001). Assessment Strategies for Family and Consumer Food and Nutrition National Standards. Funded by the USDA, Cooperative State Research, Education and Extension Service and Higher Education Challenge Grants. Available from The Curriculum Center for Family and Consumer Sciences, Texas Tech University, Box

41161, Lubbock, TX 79409-1161, Phone 806-742-3029. Request Item #4500. Cost is \$20.00 + \$5.00 shipping and handling.

A wealth of information and additional weblinks is available at the government food safety site accessible at www.FoodSafety.gov

A newsletter article, *Seven Highly Effective Habits for Home Food Safety*, is available at <http://lancaster.unl.edu/food/ftsep97.htm>

The *Fight BAC!* Website is www.fightbac.org This site includes a survey related to food safety, fact sheets, information on foodborne illnesses, and numerous links to other food safety sites. The BAC-Catcher Game can be found here.

The government site on food safety with a wide variety of resources is www.foodsafety.gov Check out ideas for *September is National Food Safety Education Month*. There are several food safety experiments available at this site also.

An 8 ½ minute video on food borne illnesses from the Food and Drug Administration entitled, *Dirty Little Secrets*, is available for \$8.95. You can view a video clip and order the video at www.fda.gov/opacom/catalog/videos/secrets/secrets.html

Food safety songs and raps can be found at <http://foodsafety.ucdavis.edu> Click on Food Safety music to hear the songs and to access the lyrics

Other web sites:

USDA/Food Safety and Inspection service www.fsis.usda.gov

Thermy Web page www.fsis.usda.gov/thermy

FDA/Center for Food Safety & Applied Nutrition www.sfxan.fda.gov

USDA/FDA Foodborne Illness Education Information Center

www.nal.usda.gov/fnic/foodborne/foodborn.htm

Centers for Disease Control and Prevention www.cdc.gov/foodsafety

Background Information:

The United States has one of the safest food supplies in the world. However, according to the Center for Disease Control and Prevention, foodborne illness causes an estimated 5,200 deaths, 76 million illnesses and 323,000 hospitalizations in the United States each year.

According to the Center for Food Safety and Applied Nutrition (2000), there are many issues that make food safety more of a concern now than ever before. These include:

- ? **More meals prepared away from home** – Today, nearly 50% of the money we spend on food goes toward buying foods that others prepare such as “take-out” and restaurant meals. Plus, a growing number of Americans eat meals prepared in hospitals, nursing homes, day-care centers and senior centers.
- ? **Food from around the globe** – Food in your local grocery store comes from all over the world, which may bring in new microorganisms. This presents a whole new set of modern food safety challenges.
- ? **Resistant Bacteria** – In 1950, scientists knew of 5 foodborne pathogens. In 2000, there were at least 25 foodborne pathogens, including 25 newly discovered ones.

Learning Activities:

Middle School Level

- ? Choose activities from the Operation Food Safety: A Middle/Junior/High School Food Safety Curriculum and/or Science and Our Food Supply: Investigating Food Safety from Farm to Table curriculum. See reference list.
- ? Complete one or more of the food safety experiments available at the government food safety site (www.foodsafety.gov) Click on Kids, Teens and Educators; Click on Fight BAC! In Fourth, Fifth and Sixth Grade Classrooms! Click on Experiments (these experiments are designed for grades 4-8).
- ? To review food safety practices, make copies of the BAC-Catcher game. Divide the class into teams of two, students play the game together following directions on the game handout (see reference list)

High School Level

- ? Choose activities from the Operation Food Safety: A Middle/Junior/High School Food Safety Curriculum and/or Science and Our Food Supply: Investigating Food Safety from Farm to Table curriculum. See reference list.
- ? Have students plan experiments on food safety for elementary students. Use one or more of the food safety experiments available at the government food safety site (www.foodsafety.gov) Click on Kids, Teens and Educators; Click on Fight BAC! In Fourth, Fifth and Sixth Grade Classrooms! Click on Experiments (these experiments are designed for grades 4-8).

Extended Learning Activities

- * **Food Safety Posters** – Have students create clever posters for the school bathrooms and school cafeteria, family and consumer sciences classroom and faculty lounge, reminding students, faculty and staff of appropriate food safety principles. Some great ideas to assist students with this activity can be found at website listed in the reference section for the *Seven Highly Effective Habits for Home Food Safety* newsletter from the Nebraska Cooperative Extension Service in Lancaster county.
- * **National Food Safety Month Campaign** – As a class or FCCLA Student Body or Community Project conduct a Food Safety Month campaign in your school and community. Ideas for activities, sample press releases and PSAs and much more can be found at the government site on food safety (see reference list)